living well eating smart®

March 2022

Virtual Nutrition Events

- Presentation
- Support Group
- Hands-On Kid Activity
- Cooking Demo
- Virtual Store Tour
- Movement Demonstration

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **Label Reading** 1:00 – 1:45 PM **Go Nuts Over Nuts** 3:30 – 4:30 PM **Kids Get Cooking: Pistachio Pudding Cupcakes** 6:00 – 7:00 PM	2 **Move More Indoors** 6:30 – 7:30 PM	3 **Plant-Based Eating and Meal Planning** 12:00 – 1:00 PM	4	5 **Living with Diabetes** 10:00 – 11:00 AM
6	7 **Navigating the Cereal Aisle** 2:00 – 2:30 PM **Heart-Healthy Cooking Tips** 7:30 – 8:30 PM	8 **Mindful Eating** 12:00 – 1:00 PM **Fighting Cancer with Your Fork** 7:30 – 8:30 PM	9 **Plant-Based Eating and Meal Planning** 6:30 – 7:30 PM	10 **Eating Behavior Management Series** 4:00 – 5:00 PM	11 **Energizing Your Body and Mind** 11:00 AM – 12:00 PM	12 **Kids Get Cooking: Shamrock Muffins** 10:00 – 10:45 AM
13 **Eat Green** 3:30 – 4:30 PM	14 **Family Meal Planning on a Budget** 12:00 – 1:00 PM **Fighting Cancer with Your Fork** 7:30 – 8:30 PM	15 **Maintaining Lean Body Mass with Nutrition and Exercise** 10:30 – 11:30 AM **Living with Diabetes** 7:30 – 8:30 PM	16 **Reducing Inflammation with Nutrition** 6:30 – 7:30 PM	17 **How to Eat More Fruits & Vegetables** 10:00 – 11:00 AM **Eat Green** 3:30 – 4:30 PM	18 **Fueling Your Workout** 11:00 AM – 12:00 PM	19 **Heart-Healthy Cooking Tips** 10:00 – 11:00 AM
20 **Kids Get Cooking: Whole Wheat Banana Crunch Pancakes** 4:00 – 5:00 PM	21 **How to Eat More Fruits & Vegetables** 12:00 – 1:00 PM **Plant-Based Eating and Meal Planning** 3:30 – 4:30 PM	22 **Managing Picky Eaters** 12:00 – 1:00 PM OR 6:00 – 7:00 PM	23 **Navigating the Cereal Aisle** 11:00 – 11:30 AM **Kids Get Cooking: Whole Wheat Banana Crunch Pancakes** 6:00 – 7:00 PM	24 **Eating Behavior Management Series** 4:00 – 5:00 PM **Let's Get Cooking 101: Fresh & Flavorful Fish** 6:00 – 7:00 PM	25	26 **Kids Get Cooking: Whole Wheat English Muffin Pizzas** 12:00 – 12:45 PM
27	28 **Spring Clean Your Kitchen** 10:00 – 11:00 AM **Energizing Your Body and Mind** 12:00 – 1:00 PM	29 **Shopping for Whole Grains** 5:00 – 6:00 PM	30 **Meal Planning with Frozen Foods** 11:00 AM – 12:00 PM **Cooking with Whole Grains** 6:00 – 7:00 PM	31 **Understanding Intermittent Fasting** 4:00 – 5:00 PM		

Learn something new with our ***FREE Virtual Nutrition Events!*** *Led by registered dietitians, we offer fun & educational events for the whole family.*

For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial